Lloydspharmacy

Joint Pain Reliever - Knee

User Manual

Last Revised: 05/07/11

Model LJPRK1

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Introduction

Thank you for purchasing the Lloydspharmacy Joint Pain Reliever - Knee (Model LJPRK1).
The Joint Pain Reliever is effective in relieving pain around the knee, using TENS treatment which stands for Transcutaneous Electrical Nerve Stimulation. TENS is recognised as a safe and highly effective method of relieving pain and is now regularly recommended by doctors, physiotherapists and pharmacists throughout the UK. Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

Why consider digital pain relief?

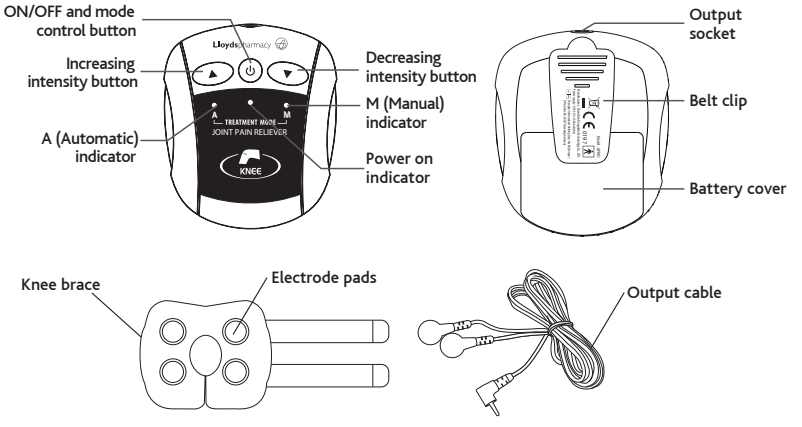
Pain is a warning signal; we need these signals to tell us that something may be wrong with our body. Without it, we may not know that parts of our body might be damaged, thereby damaging them further. However, once we have identified damage, pain serves little purpose. In the case of chronic, regular pain it can signifcantly interfere with daily activities and quality of life.

How does the Joint Pain Reliever work?

TENS works by passing harmless electrical signals into the body from its pads. This relieves pain in two ways:

- Firstly, it blocks the body's pain signals which are normally transmitted from the area of damage through the nerve fibres to the brain - TENS interrupts these pain signals.
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers.

Parts



Features

- Programmed and designed specifically to target the muscles and ligaments around the knee joint
- Suitable for use alongside pain medication
- 2 programs

What Conditions can the Joint Pain Reliever help to relieve?
The Joint Pain Reliever provides pain relief for a number of different pain conditions including:
- Knee joint pain
- Sports strains and sprains

Use the Joint Pain Reliever for at least 15 minutes a day, however, you may need to wear it for longer to initially gain pain relief. If you wear the unit for longer periods then check your skin where the electrode pads have been placed to ensure your skin does not become sore. Please ask your local Lloydspharmacy Pharmacist for advice about any specific condition.

General Warnings and Safety

Before you start:
Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of this device and to prevent injury.
- Make sure the batteries are installed correctly.
- Connect the snap cable to the knee brace and then connect to the unit (see pages 8-9 for more details).
- Put the knee brace around the area of pain and fasten the brace firmly around your knee.

The Joint Pain Reliever is a medical device that has been subject to stringent testing. It is safe to use for most people, with the following exceptions:
- People with pacemakers, pulse regulators or any other implanted medical devices.
- People with heart rhythm problems.
- Cancer patients, people with diabetes or epilepsy should seek advice from their consultant or doctor before use.
- The use of the device must be supervised by an able adult of sound mind.
- People with inflammation, acute diseases, or infectious skin wounds.
- People with underlying bone or joint conditions should consult your doctor or other healthcare professional.
- People with skin allergies or any disorders of the blood vessels.
- NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR OR IF YOU SUSPECT YOUR ARE PREGNANT.

Please ask your Lloydspharmacy Pharmacist about other drug free pain relief during pregnancy.
- The use of this device is not suitable without supervision for children under 18 years of age.

Patients must consult their doctor before using this device if receiving any physical therapy or suffering from any of the following:
- Acute diseases
- A fever
- Heart diseases or heart rhythm problems
- Abnormal blood pressure

- Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body

General Warnings and Safety

- Do not use the device with an electrocardiograph meter (ECG) or any other medical apparatus.
- Do not use the device with any topically applied creams or ointments etc.
- Do not place electrode pads on the head, face, throat, back of neck, heart, chest area, eyes, oral cavity or on sexual organs.
- Do not use on scarred areas following surgery for at least 10 months after the operation.
- Do not use on or around an area of the body with skin disease, damage or inflammation.
- Do not use on a wet body.
- Pregnant women, people with leprosy, people with chronic alcoholism should not use this product.
- For treatment of pain, muscle injuries or rehabilitation, this device should be used under close supervision and direction of your doctor or professional therapist.
- Please stop using the Joint Pain Reliever immediately if you notice any reddening of your skin, if you feel any discomfort or feel unwell. Seek medical advice. Improper use of the Joint Pain Reliever can lead to harm and damage.
- For safe use of the product, please note the following safety instructions:
- Don't touch the electrode pads on the belt when the device in turned on.
- The unit must be turned off before removing.
- Keep the unit out of the reach of children.
- Do not use the device in the bathroom or in any other area of high humidity as this may cause an uncomfortable intense stimulation.
- Do not use the device whilst driving or operating any other mechanical equipment.
- Do not use the device whilst sleeping.
- Avoid contact of the electrodes with anything made of metal.
- The device has no AP or APG protection. AP: Flammable anaesthetic proof mixtures with air. APG: Flammable anaesthetic proof mixtures with oxygen or nitrous oxide.
- Do not insert the cable into any other socket other than the socket of the device as instructed, as this may lead to an electric shock.
- Do not disassemble, repair or modify the device in any way as this may lead to malfunctioning or an incident.
- An attempted repair by unauthorised persons invalidates the warranty.

Using your Joint Pain Reliever

Preparation before using the unit:

To insert the batteries, you should press the belt clip up first, slide the battery cover downwards until the cover pops off (Figure I). Insert 3 x AAA batteries (not included) into the battery compartment as **indicated (Figure II), observing correct polarity. Replace the battery compartment securely (Figure III). Do not turn the device on yet.**

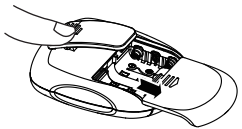


Figure I

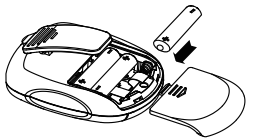


Figure II

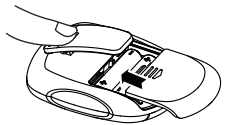
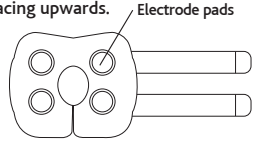


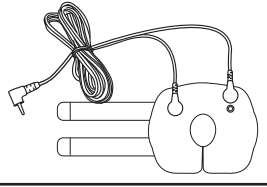
Figure III

Using your Joint Pain Reliever

1. Lay the knee brace open on a flat surface, with the electrode pads facing upwards. You will see four conductive rubber electrodes



2. Turn the brace over, with the electrode pads facing down. The belt should be lying horizontally in front of you. You will see two metal snap terminals. Attach the cable to the belt as shown in the diagram, ensuring that the snap terminals are securely in place.

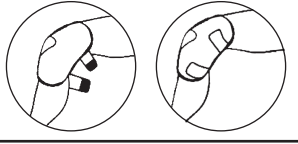


Using your Joint Pain Reliever

3. Connect the cable to the device. Before proceeding to this step, be sure the device is completely turned OFF. Hold the cable plug and insert into the socket on the top of the unit as shown in the diagram. Ensure the cable is inserted correctly.

4. Put the knee brace on the chosen knee. When placing the brace on the knee make sure that the electrode pads are optimally positioned around the knee. The circular opening must be positioned on the knee cap as shown in the diagram. The two bands with the hook and loop fastening need to be wrapped around the knee and secured in the desired position. The dimensions of the knee brace are designed to fit all sizes, you can tighten or loosen the brace by adjusting the hook and loop fastening. Please make sure the electrode pads contact the skin properly and completely.

NOTE: IF THE ELECTRODE PADS ARE NOT IN CONTACT WITH THE SKIN, THE DEVICE WILL NOT WORK.



Using your Joint Pain Reliever

5. Turn the device ON:

Please read all the instructions in this user manual carefully before using the device.

To turn the device on press [⏻] button. The LED indicator will light and you will hear 3 beeps in quick succession.

Please note:

When the device is turned on, the power on LED indicator will be lit, along with either the A (Automatic) indicator LED or the M (Manual) indicator LED, dependent on which mode the device was on during the previous treatment.

If A (Automatic) indicator is selected, the device will work through an automatic cycle of 2 therapeutic program options.

Using your Joint Pain Reliever

6. Selecting the therapy mode:

The device will work in 2 minute cycles and there are 2 therapeutic modes.

The LED A (Automatic) indicator will flash as in Figure I.

If you wish to change the therapeutic mode, you can change this by pressing the [⏻] button.

The LED M (Manual) indicator will flash as detailed in Figure II.

NOTE: You can only change the therapeutic mode when the device is switched on and in contact with your skin.

Figure I

Figure II

In order to find the most effective mode for you, please try the 2 therapeutic modes.

NOTE: To turn the device off, press and hold [⏻] for 5 seconds.

Using your Joint Pain Reliever

7. Adjusting the output intensity:
Press the intensity control button [▲] and [▼] to adjust the intensity output and the device will start to work. You will hear a beep each time you press the button.

Caution:
The strength of stimulation may be adjusted depending upon the individual requirement of the user.
The stimulator can be clipped to your belt for portable, hands-free knee pain relief.
The stimulator will turn off automatically after 30 minutes.
Before removing the brace PLEASE TURN THE DEVICE OFF FIRST - press [⏻] button and hold for 5 seconds to turn the device off.

Unplug the electrode cables, holding them by the plug, not the cord. When the brace is removed, clean the skin thoroughly with mild soap and water.

Program Selection

The Joint Pain Reliever offers 2 therapeutic modes as a cycle. The total treatment time is approximately 30 minutes.

Program Options	Pre-set Parameters
M Mode	Pulse rate=100Hz/2Hz Pulse duration=200us/250us
A Alternate Ramped Burst (ARB)	Pulse rate=100Hz Pulse duration=200us Ramp up time=0.5s On time=6s Off time=7s

Battery Information

1. Please use 3 x AAA batteries (not included).
2. Remove the batteries if the device is not in use for long periods of time.
3. Do not mix old and new batteries or different types of batteries.
4. Warning: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water.
5. Batteries must be handled by an adult. Keep batteries out of the reach of children.
6. Only batteries of the same or equivalent type are recommended.
7. Do not use rechargeable batteries.
8. Remove exhausted batteries from the unit.
9. Supply terminals are not to be short circuited.
10. Dispose of batteries safely according to battery manufacturer's instructions.

Specifications

- Power Sources: 4.5V DC, 3×AAA batteries
- Frequency: 2Hz/100Hz
- Pulse Duration: 200us/250us
- Output Voltage: 0~45V (at 500 ohm load)
- Output Intensity Adjustable: 1~25 (25 levels)
- Treatment Time: 30 minutes approx.
- Operating Conditions: 5°C to 40°C; 30%RH to 75%RH
- Storage Conditions: -10°C to 55°C; 10%RH to 90%RH
- Size: 85mm×72mm×31mm
- Weight: 50g (without batteries)
- The expected lifetime of this product is 2 years, under normal usage.

NOTE: Design and specifications are subject to change without notice

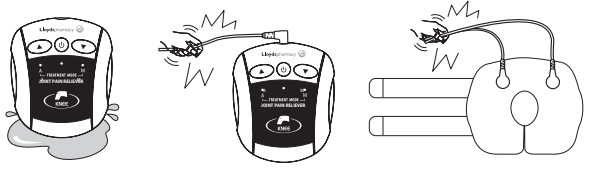
Troubleshooting

Problem	Check points	Possible solution
The unit does not switch on	Are the batteries exhausted?	Replace the batteries.
	Are the batteries installed correctly?	Insert the batteries observing polarity.
No output stimulus/ sensation	Are the snap cables properly connected to the brace?	Firmly connect the cable to the brace.
	Are the electrodes in contact with the skin? (You will hear two sets of 3 beeps if the electrodes are not in proper contact)	Re-attach the brace and make sure it is in contact with the skin.
Output stimulus/ sensation is weak	Are the snap cables dirty?	Clean the snap cables with a damp, lint free cloth.
	Is the intensity too weak?	Use a higher intensity level.
	Are the electrodes positioned properly?	Change the position of the brace.
Stimulation is uncomfortable	Is the intensity too high?	Reduce the output intensity.
	Are you following the instructions in the user manual?	Please read and fully understand the manual.
	Are the snap cables or brace damaged or worn?	Please replace the product.

Troubleshooting

Problem	Check points	Possible solution
The skin becomes red and/or you feel a stabbing pain	Are you positioning the electrode pads on the same site every time?	Re-position the electrode pads. If at any time you feel pain or discomfort stop use immediately.
	Is the brace dirty?	Please clean the brace according to the cleaning requirements in this manual. P18
	Is the surface of the brace scratched?	Please replace the product.
Output current stops during therapy	Are the electrode pads still in contact with the skin properly?	Turn off the power and re-attach the brace, ensuring the electrodes are in contact with the skin properly.
	Are the cables still connected to the brace?	Turn off the power and re-connect the cables to the brace.
	Have the batteries been exhausted?	Please replace them with new batteries.

Maintenance and Cautions



- Do not immerse device in water or any liquid. Do not drop the device or throw it from a height.
- After using the device, please remove the output plug from the output socket.
- Do not twist or pull the output cable.
- Do not use any chemicals to clean the device or snap cables. In case you need to clean them, please wipe with a damp, lint free cloth.
- To clean the brace, disconnect cables, wash gently with warm soapy water. Rinse thoroughly in warm water to remove all traces of soap.
- Do not wring. Instead, wrap in a soft towel to remove excess moisture.
- Remove from towel and allow to air dry at room temperature away from heat and sunlight.

Storage

- Remove the batteries from the unit if you are not going to use it for a long period of time. Leaking batteries can damage the unit.
- Do not make any sharp kinks in the snap cables or knee brace.
- After use, disconnect the snap cables and knee brace and then store safely and out of the reach of children.
- Do not expose the device to direct sunlight and protect it against dirt and moisture.
- Store the device in a cool, well- ventilated place.
- Never place any heavy objects on the device.

Disposal

Used, fully discharged batteries must be disposed of in a specially labelled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly.

NOTE: You will find these markings on batteries containing harmful substances:
Pb = battery containing lead, Cd = battery containing cadmium,
Hg = battery containing mercury.

Please dispose of the device in accordance with the directive 2002/96/EC–WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please refer to the local authorities responsible for waste disposal.

Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorised persons invalidates the warranty. This does not affect your statutory rights.

Customer Feedback

We are constantly striving to delight our customers with our products and customer service. We value your opinion and feedback on our devices as this helps us to develop and continually improve. We would be grateful if you'd share your thoughts in reviewing this product. Please visit www.lloydspharmacy.com and look for the customer services section on the bottom of the page.

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EC REP Shanghai International Holding Corp. GmbH (Europe)
Eiffestraße 80, 20537 Hamburg Germany

CE 0197

Explanation of Symbols on the Joint Pain Reliever

Attention: Read the operating instructions for use!

This symbol indicates that this product is a Type BF device.

Disposal in accordance with Directive 2002/96/EC (WEEE)

The name and the address of the manufacturer.

CE
0197

Complies with the European Medical Device Directive (93/42/EEC) as amended by directive 2007/47/EC requirements. Notified body TUV Rheinland (0197)